

Forest Town's Stephen Lisgo was named last week in the Great Britain Under 23 Athletics Team to take part in the European Under 23 Championships in Lithuania on 17 and 18 July.

This is a great reward for the former Garibaldi School student who has spent the last year studying and training at Butler State University in the USA and is, this season, ranked number 1 in the UK in the 3000m Steeplechase.

This is the biggest race yet in Lisgo's career and he will be hoping to go on to compete for Scotland in the 2010 Commonwealth Games in Delhi – having already run the qualification standard.



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